



FIRST AID 3 - NOSE BLEEDS

Occurs when a small blood vessel in the lining of the nose bursts.

- Sit down and lean forward slightly.
- Pinch the lower part of the nostrils just below the bony part of the nose for **10 minutes** while breathing through the mouth
- Release nostrils slowly, repeat procedure if bleeding continues.
- Do not touch or blow the nose for about 24 hours. Do not pack the affected nostril with cotton.
- Bring patient to hospital if necessary and when bleeding does not stop.

